

Nick Finnegan Counseling Center

School-Based Outreach



About NFCC

Nick Finnegan Counseling Center strives to **provide affordable and accessible counseling services to anyone regardless of differences such as age, finances, or beliefs.** NFCC offers services at a significantly reduced base rate, through insurance options and a slide scale. Our counselors provide in-person and virtual counseling to individuals, couples, children as young as three years old, and families.

The Outreach Team

Anna Crain, LMSW, Lead Outreach Counselor

Kallie Allen, LPC-S, CSC, DWTF

Julie Duong, LPC

Our outreach team works to extend those services beyond our counseling center, collaborating with school counselors so that they can **empower their communities with the knowledge and skills to improve their mental wellness.** We recognize that school personnel are often the “first responders” to mental health concerns and are passionate about developing programs that are tailor made to address what schools are noticing among their students and community.

Connect with us to inquire or schedule at outreach@finnegancounseling.org

School-Based Services & Fees

Service	Description	Cost
School Group	6-week group facilitated by an outreach counselor that meets weekly during the school day. Example topics include: self-esteem, grief, relational aggression, and social skills.	Varies
School Talk	1 hour presentation or discussion. See sample topics on the reverse side. Available as talks for students or families; or professional development for staff	\$150
	Title I schools	Free
Other	Talk to us about your community's needs and we can come up with a plan together!	Varies

Menu of Talks

Most topics below can be designed to target parents or students of all ages; or facilitated as a professional development for staff. To learn about other talks geared specifically to parents or teachers, speak to an outreach counselor.

Topic	Description
Let's Talk About Sex	How to navigate talking to kids about healthy relationships, consent, and sex
Managing Big Emotions	Understanding meltdowns and tantrums from a developmental perspective and tips on how to support emotional regulation and de-escalation
Supporting Neurodivergent Learners	Understanding an ADHD and/or Autism diagnosis and supporting these learners as teachers or parents
Suicide Prevention	Identifying the risk factors and warning signs of suicide or self-harm behavior
When to Worry about Worry	How to support children through everyday stress, worries, and anxiety
Helping Kids do Hard Things	How to encourage resilience and independence as you support children through life's little and big challenges
Anatomy of a 9th Grader	Preparing 8th graders for the upcoming challenges of high school
Bullying Prevention	Understanding what constitutes bullying, its impact, and how to speak up for yourself or be a good ally
Teen Mental Health	Understanding what's normal when it comes to teen emotions and when and how to seek help for depression or anxiety
Social Media Safety	Understanding the risks and rewards of using social media and how to be a responsible digital citizen
The Dos and Don'ts of Screen Time	Tangible tips for monitoring and managing your child's screen time
Adolescent Relationships & Friendships	Understanding what's normal in adolescent relationships and how to encourage healthy boundaries and good choices in friendships
More Than a Score	Supporting your child through performance anxiety at school and in sports